

Utah Arthritis Advisory Council
January 24, 2007
11:30-1:30 pm
Room: 215

Meeting Minutes

I. Introductions

Attendees: Michael Johnson (by phone), Russ Elbel, Jorge Arce-Larreta, Sara Salisbury, Katie Tingey, Allen Sawitzke, Randy Tanner, Natalie Smith, Karen Mangum, Nicole Bissonette, Lisa Fall, Audrie Willden, Leslie Nelson, Steve Wixom, Jody Gardner, Juan Carlos, Lynette Hansen

II. Partner Updates

Arthritis Foundation

Leslie: The Arthritis Walk is on May 5th at 10:00 (fund raiser/educational).

- March 14th is the Alliance one-hour lunch meeting.
- Leslie will e-mail information to members- emails sent 1/25 with info.
- Audrey: Is working on ASHC classes and getting them up and running, 6 month schedule is in place.

Hispanic community service updates:

- Training February 23 and 24th
 - Expand classes in Hispanic Community
 - 15 people signed up to be volunteer leaders
 - Great turn out and great interest
 - Working with Aging Services in Sandy
 - Senior Centers to offer classes where, when and how to get information out?
 - Classes starting in March.
 - Brain storming ideas on how to get the word out
 - Transportation is a big issue in this community.

III. UAP Updates/Progress:

Grant progress – (Nicole)

- 100% Federally funded.
- Continuation is due February 2, 2007.
- 2008 is the end of 5 year funding.
- Will need to reapply for continued program funding, we feel confident we will get additional funding. We will need letters of support from our partners.
- Mini grant project to awardees with carry over funds. 3 organizations received funding between \$2,400 – \$6,000

Partnerships- We have three new partners

- Alliance Community Services
- Salt Lake County, Healthy Aging Program
- USU Extension Services, Grand County

IV. Interventions

AF Classes - (Natalie) referring to green and yellow flyer

- The green handout is the Spring 2007 Schedule for Self-help. The Spring 2007 Schedule is also located on the Arthritis Program website.
- The yellow handout lists the exercise program locations.

TOSH - (Nicole)

- With low attendance in regular (monthly) classes a once per year series was offered in 2006.
- Last May/four days of classes offered with great turn out.
 - 300 people attended the four-day series.
- This year the classes will be offered in May 21-24th and September 10-13th.

Media – (Natalie) referring to orange handout noted ways in which UAP was promoted.

- Promoting programs through news release and newspaper articles.
 - Healthy Utah electronic add
 - Utah Health article
 - Tosh/Cooking classes with great interest and turn out.
 - There has been an increase in web hits
 - KSL page, working on possible Monster ad
 - Media coverage planning
- Ideas on how to further promote the program.
 - School paper
 - Mass email
 - How to reach South West?
 - Steve W. suggested we contact the PT Association.

Senior Expo – (Natalie)

- A two day booth rental
 - On the first day 75 people signed up for self help classes when a free class coupon was offered.
 - The second day 10 people signed up when the coupon was not offered.
 - Sent a follow up letter in January with list of new course offerings.
 - How many people that signed up attended the classes?
 - Is there a way to track the attendance?

V. New Utah Data Referring to handouts provided (map will be added to Arthritis Program web page). - Randy

Arthritis Prevalence and Resource Map

- Population ages 45 and Older by Local Health District.
- Arthritis Prevalence
- Aquatics Centers
- Exercise Centers

- Senior Centers.

Small Area Report/Handout provided (Small Area Report will be added to Arthritis Program web page) - Randy

- Doctor diagnosed arthritis
- 2001-2005 BRFSS data uses
- Age adjusted

Burden Report/Handout provided (Burden Report will be added to Arthritis Program web page when the report is complete) - Randy

- The Burden of Arthritis in Utah
- Data from 2005 BRFSS
- Used 2005 hospital discharge data ages 55 and over
- New to the report
 - BMI table
 - Definitions

VII. State Plan Development and Website Review

UAAC members please review draft of State Plan – Review with input/comments to Nicole by Feb 9, 2007.

VII. Review UAP website – Review of the UAP website.

- Member feed back and suggestions:
 - The page is not easy to find
 - On google search - searching Utah Arthritis the program is listed first.
 - Menu to stay open when searching drop down menu.
 - Add brochure to “Talking to your doctor” page.
 - E-mail reminders of classes offered.
 - Newsletter links.
 - Add links to other member pages.
 - Interactive site.
 - Sign up for electronic reminders and add ons.
 - Pod cast and MP3 downloads
 - Exercise and video demonstration video’s. Link to AF (AF has both)
 - Power point presentation describing arthritis prevalence.

Continue meeting twice per year. Next meeting will be in August 2007